

### "Project Connect" Gets a Running Start in Visitacion Valley



Mayor Gavin Newsom announced the start of Project Connect at a June 10 press conference in Visitacion Valley.

A new door-to-door program was commenced on June 10, designed to direct residents of various San Francisco neighborhoods to various City services they may not have known existed.

Project Connect was immediately in action in the Sunnysdale housing complex following an early morning press conference in Visitacion Valley where Mayor Gavin Newsom announced that a

crew of about 100 city workers and volunteers from other organizations would be staffing the program.

Describing the new program as a way as a way to give neighborhood residents alternatives, the Mayor personally joined Project Connect staff members in knocking on doors in Sunnysdale to enlighten residents on the number of programs and services available to them.

In addition to Sunnysdale, visits are also being planned in many other neighborhoods. They include: Bayview, Hunters Point, China-town, Excelsior, Ingleside, Mission, Ocean View, Merced Heights, Potrero Hill, Tenderloin, and Western Addition.

Newsom also announced that nearly \$8 million this year would be slated for summer jobs and job-training programs, with 3,365 jobs and 850 job-training slots.

### Rob Reiner Visits Valley Family School To Announce S.F. Universal Preschool

Rob Reiner, the actor and director best known for his portrayal of Archie Bunker's outspoken son-in-law Michael Stivic in the TV classic *All in the Family*, was joined by local officials on June 2 at Visitacion Valley Family School on Leland Avenue to announce the first phase of a plan to implement voluntary universal preschool for the City's four-year-olds.

Reiner, who is chair of First S California, the State's children and families commission, made his first visit to San Francisco since the passage of Proposition 11 in 2003, which will allocate \$155 million over the next 10 years to implement the City's preschools.

Research shows that a child's brain develops most dramatically in the first five years and what parents and caregivers do during these years to support their child's growth will have a meaningful impact throughout life.

Based on this research, California voters in 1998 passed Proposition 10, adding a 50-cent-per-pack tax on cigarettes to support programs for expectant parents and children through age 5.

Reiner said that Proposition 10 will change the face of education in California.

First 5 San Francisco distributes approximately \$10 million a year in Proposition 10 revenues to programs and services that meet local needs.

### Control Plan for Children's Media Usage

WASHINGTON, DC—Families in search of a simple, rational way to establish consistent boundaries for children's use of media—from television to computer games and toys—now have an easy reference guide to help them, part of a new report recently released by the National PTA and Cable in the Classroom.

The guide, *Navigating the Children's Media Landscape: A Parent's and Caregiver's Guide*, developed by the American Institutes for Research, offers a six-point strategy to help parents and others responsible for children's welfare to select and use media resources for children in developmentally appropriate ways.

"In this hectic world, with media changes and challenges coming at us thick and fast, it's understandable that the people raising and educating children—parents, teachers, caregivers, aunts, uncles, grandparents—often opt for the simplest possible way through the confusion," said Peggy O'Brien, Ph.D., executive director of Cable in the Classroom.

While media and information literacy guidelines for selecting and using media exist, most have not been created with a focus on children's development. As children grow, what is appropriate for them at one stage is not necessarily appropriate for them at another. The guide distills the highlights for each stage of children's physical, cognitive, social/emotional, and linguistic development; links each stage to media strategies; and recommends categories of choices that would be developmentally appropriate for each stage.

The six steps to creating a family

media use strategy are:

1. Identify your current family media practices: This is a kind of media use inventory, which will be matched up eventually with the media use goals and strategies you decide upon for your family. How does each person in the family currently use media? Where in the house are media located? Who makes decisions about media purchases and viewing?

2. Consider the unique stage and needs of your children: Media contribute to a child's development if they are selected in ways that support a child's interests and abilities at different stages. Media activities within a child's developmental range are less likely to be frustrating or under- or overwhelming and are more likely to result in positive outcomes.

3. Educate yourself about the children's media landscape: Keeping current on the proliferation of media, toys, and technologies will help you to make better selections for your children. Every few months, go online or pay a visit to the local toy or electronics store and just browse. Look at product reviews and parenting tips in parenting and electronics magazines, websites, and newsletters. Talk to other adults—family, teachers, friends—and find out which media they use, how they use them, what they suggest, and why.

4. Select media for your family with purpose: Asking the following questions may help guide your thinking about whether and how particular media can support your child's growth and development: Is the medium age appropriate? See Page 5

### Satellite Videoconference to Prevent Violence Against Youth

A statewide satellite videoconference on June 3 brought together Bay Area lawmakers, law enforcement officials, health professionals, educators and youth advocates to share strategies that help prevent violence against young people.

*Keeping Youth Safe: Strategies that Work to Prevent Violence* was broadcast live from Sacramento (KVIE, Channel 6) and Los Angeles (KCET, Channel 28) and downlinked to sites in San Francisco, Fresno, Los Angeles, Redding, Sacramento, San Bernardino, San Diego, San Jose and Santa Barbara. Participants included lawmakers, law enforcement officials, health professionals, educators and youth advocates.

The hour-and-a-half live broadcast, sponsored by The California Wellness Foundation (TCWF), featured a discussion of programs that have been successful in reducing violence against youth. Community leaders in each region met afterwards to review local policies and programs designed to keep youth safe. The videoconference was moderated by Toni Guinyard, an award-winning journalist and reporter for *Life & Times*, a news and public affairs show on PBS station KCET, in Los Angeles.

The event coincided with the release of a new voter poll conducted by i.e. communications, which revealed that California voters of both parties and all state regions strongly believe violence prevention and safety programs for youth should have a high priority for funding.

Despite grim daily news reports of shootings, the number of youthful victims of gun violence ages 12 to 24 in California actually decreased by 48 percent statewide during the past decade. Several California counties, including Alameda, Fresno and Los Angeles, have also documented major declines in youth victims of firearm violence during the same period.

Experts say that state gun control laws enacted in the mid-1990s and other violence prevention and youth safety programs, including

after-school opportunities and job training, have been major contributing factors in the decline of violence against youth. But now is not the time to rest on our laurels, according to youth advocates. Gun violence remains the second leading cause of death for youth. In addition, more than 6,000 young people, on average, are hospitalized each year in California for some form of violent injury.

For the second year in a row, three-fourths of California voters say the governor and Legislature should continue funding youth safety programs at current levels, even if less money is available for other programs, such as schools, health services, transportation and public safety. More than six in 10 voters are concerned about young people in their communities or local schools becoming victims of gun violence. Moreover, six in 10 voters say they would be willing to pay higher state taxes, if necessary, to maintain funding for violence prevention and youth-safety programs.

"Keeping these programs and policies in place is necessary if we are to keep our youth safe," said Gary L. Yates, TCWF President and CEO. "It is literally a matter of life

### Summer Events at Valley Branch Library

Following are events in July held at the Visitacion Valley Branch Library, 4S Leland Ave. (at Desmond Street). Call 239-S270 for more information.

\*July 6, Tuesday: *Heather the Fairy Enchantress*, at 10:30 a.m. for ages 3-5.

\*July 13, Tuesday: *The Whale Bus*, sharing whale stories and specimens with young children at 10 and 11 a.m. for ages 3-5.

\*July 14, Wednesday: *Mystery of the Missing Reader* presents magic, puppets and books with Sharon Kinney at 2:30 p.m. for ages 5 and older.

\*July 30, Friday: Tom McCormack performs *Stories from the Sea* at 2:30 p.m. for ages 5 and older.

and death."

Research by the RAND Corporation has shown that the best way to keep youth safe is to provide them with positive choices such as after-school opportunities, job training, and community-based violence prevention programs.

"Even during these tough budget times, it is critical that young people have places to go where they feel safe, and where they can participate in adult supervised activities, especially between the hours of 3 p.m. and 6 p.m., when they are at the greatest risk of becoming victims of violence," said Los Angeles County Sheriff Leroy D. Baca.

See Page 3

### Light Rail Construction on Bayshore Boulevard Nearing Completion



Tracks, landscaping and palm trees have replaced the old concrete median running down Bayshore Boulevard.

In Visitacion Valley, work continued on station platforms on Bayshore Boulevard at both Blanken and Sunnysdale avenues, while track finishes continued on Bayshore be-

tween Hester and Sunnysdale

avenues and overhead contact system work was completed on Bayshore between Tunnel and Sunnysdale avenues. New traffic signals on Bayshore should be

operational in July.

Just east of US101, track installation on Third Street between Donner and LeConte avenues is expected to be completed by the end of August.



## Grapevine Mailbox

### Vital SFSU Program Cut

Dear Editor:

How long will it take us to realize the actual and very high price we are paying every time we allow the state to undermine education?

As I write this, the CSU system is experiencing a major crisis in funding and, as a result, programs vital to creating a more sustainable future are being wiped out of existence. One such program is San Francisco State University's 28-year-old Holistic Health program. The Institute of Holistic Health offers students a truly rich, interdisciplinary program of courses like I have never seen elsewhere within the public system. Courses range from orientations in Chinese, Eastern, and Western alternatives in medicine, to more specific training in stress management, self-care, and creative coping skills.

Students who have discovered the program know that its gifts extend far beyond the doors of the classroom: the Holistic Health Learning Center serves as a nexus for research and community building, and a stream of guest lecturers offer a constant source of inspiration to the ever increasing group of those trying to build towards saner ways of living – both personally and professionally.

Why then would a program which self-generates \$22,000 a year for its own funding and feeds at least \$45,000 per year back into the CSU system be targeted for the chopping block? The purported reduction of \$50,346 would devastate the program but would hardly make a dent in the university's \$11 million shortfall. At this point, the logic behind the math seems to be anybody's guess, but the future resulting from such a flawed decision to cut such a vital limb is certainly bleaker than the already value-sparse culture which we are wrestling with now.

Sincerely, Maya Neumann  
**Filth That is Fatal**

To the Editor:

A stock clerk was sent to clean up a storeroom in Maui, Hawaii. When he got back, he was complaining that the storeroom was really filthy and that he had noticed dried mouse or rat droppings in some areas.

A couple of days later, he started to feel like he was coming down with a stomach flu, complained of sore joints and headaches, and began to vomit. He went to bed and never really got up again. Within two days he was severely ill and weak. His blood sugar count was down to 66, and his face and eyeballs were yellow. He was rushed to the emergency at Pali-Momi, where he was diagnosed to be suffering from massive organ failure. He died shortly before midnight.

No one would have made the connection between his job and his death, had it not been for a doctor who specifically asked if he had been in a warehouse or exposed to dried rat or mouse droppings at any time.

They said there is a virus (much like the Hanta virus) that lives in dried rat and mouse droppings. Once dried, these droppings are like dust and can easily be breathed in or ingested if a person does not wear protective gear, or fails to wash face and hands thoroughly.

An autopsy was performed on the clerk to verify the doctor's suspicions.

This is why it is extremely important to always carefully rinse off the tops of canned sodas or foods, and to wipe off pasta packaging, cereal boxes, and so on. Almost everything you buy in a supermarket was stored in a warehouse at one time or another, and stores themselves often have rodents. Most of us remember to wash vegetables and fruits but never think of boxes and cans.

The ugly truth is, even the most modern, upper class, super stores have rats and mice. And their

warehouses most assuredly do!

Whenever you buy any canned soft drink, please make sure that you wash the top with running water and soap or, if that is not available, drink with a straw.

The investigation of soda cans by the Center for Disease Control in Atlanta discovered that the tops of soda cans can be encrusted with dried rat's urine, which is so toxic it can be lethal. Canned drinks and other foodstuffs are stored in warehouses and containers that are usually infested with rodents, and then they get transported to retail outlets without being properly cleaned.

### Raymond Avenue Gets a Needed Paving



Several blocks of Raymond Avenue just west of Rutland Street were closed to through traffic for a few days in June to get a much-needed resurfacing.

### Bogus Pharmacy Card Scam Halted by FTC

The Federal Trade Commission recently filed suit in federal court to halt a scam that drained millions of dollars out of thousands of consumers' checking accounts for "discount pharmacy cards" the consumers didn't know about, didn't order, and didn't get. The FTC estimates that as many as 90,000 consumers were victims.

The FTC charged that since January 2004, defendants using the name *PharmacyCards.com* electronically debited thousands of consumers' accounts for \$139, without consumers' knowledge or consent. Prior to the unauthorized debiting of their checking accounts, consumers had no contact with the defendants.

According to the FTC, the defendants attempted to debit more than \$10 million from consumers' checking accounts in less than three months. The FTC alleges that the defendants gained access to the banking system via third-party payment processors by claiming that they were engaged in a legitimate business – selling pharmacy discount cards.

One processor alone debited more than 72,000 checking accounts for the

defendants, generating more than \$10 million in attempted debits.

Their website touted the benefits of their cards and advertised retailers such as Target and Wal-Mart that participated in the discount program. The website also listed a toll-free customer service number and a mailing address in Canada.

According to the FTC, the major retailers' logos were hijacked – they didn't participate in the program. The mailing address was false and mail sent to the address was returned.

Some consumers received letters after money had been withdrawn from their account explaining the program and saying that because the consumer had previously purchased a product from one of the defendants' "marketing partners" using their checking account, the consumer did not need to provide the account number again. The letter said that consumers who were not interested could call the toll-free customer service number to cancel within five days of receiving the letter. By this time, the money already had been debited from their accounts.

## Visitacion Valley Community Center Senior Program

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### Help Teens Avoid Drinking and Driving

by CA Attorney General Bill Lockyer

Each year, teenagers end up in tragic accidents caused by alcohol.

In 2002, according to the California Office of Traffic Safety (OTS), 2,396 drivers under age 21 in our state, who had been drinking, were involved in collisions resulting in injuries or death. Among California 11th graders, 30 percent reported driving a car after drinking or being in a car driven by someone else who had been drinking, according to the California Student Survey, 2001-2002.

Among all Californians, our state has experienced a 32 percent increase in the number of people killed in alcohol-involved collisions since 1998, according to OTS.

Given these devastating facts, my Office recently joined other state law enforcement agencies in unveiling a new investigative protocol to reduce deaths and injuries caused by under-aged drinking. In this collaborative effort, law enforcement agencies investigating alcohol-related deaths and injuries will take steps to determine the source of the alcohol.

Businesses that provide liquor to under-aged drinkers will face prosecution and harsh penalties, including the loss of their liquor licenses.

Target Responsibility for Alcohol Connected Emergencies (TRACE) was developed by a task force I convened last year after I met Lynne Goodwin whose 20-year-old daughter, Casey, was killed in March 2003 by an 18-year-old drunk driver.

In addition, under a law (AB 1301/Simitian) enacted this year, parents of teens who receive a DUI (Driving Under the Influence) citation, also now face

misdemeanor charges if they knowingly provide alcohol to anyone under 21 who then drives and causes a traffic collision.

Parents can take steps to help prevent their children from being killed or injured due to excessive drinking, including:

\*Set a good example. Never drink to excess, take illegal drugs or drive under the influence of alcohol or any other drug.

\*Make an agreement or contract with your teenager that neither of you will drive if under the influence of alcohol or drugs, or ride with another driver who is under the influence.

\*Make sure your children understand that the California Zero Tolerance Law does not allow any detectable levels of alcohol in their system while operating a vehicle.

\*Talk with your teenager about alcohol and other drugs, and set appropriate consequences.

\*Know your teenager's friends, and how your child will get to and from events or parties.

\*Never allow alcohol or drugs at gatherings hosted by your teenager.

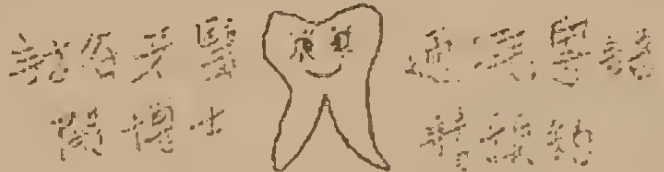
\*Encourage your child to volunteer with organizations such as Friday Night Live, Teenwork or Mothers Against Drunk Driving, and to be involved in the arts, sports, music or other constructive activities.

\*Parents have a powerful influence on their children. With your help, the summer of 2004 will be one of happiness, not tragedy, for you and your children.

For additional information, visit [www.safestate.org](http://www.safestate.org). For a copy of *No Rite of Passage—Preventing Underage Drinking and Driving: A Guide for Parents*, write my Crime and Violence Prevention Center, 1300 I Street, Sacramento, CA 95814.

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Come to Church This Week

## GRAPEVINE

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Wouldn't it be great if we could convert our favorite stovetop and traditional recipes so they work in our microwaves? That sure would save us time. Well, with a few tips, and a little experimenting, we can!

The general rule is to microwave food for about a quarter to half of the conventional oven cooking time. I suggest finding an existing microwave recipe that is similar to yours in ingredients and using that as a guide in determining cooking times. Remember, foods high in fat, sugar, or water will tend to cook faster in the microwave.

Microwave cooking enhances the intensity of herbs and spices, so lighten up on salt and other seasonings. Once a dish has finished cooking, add any additional seasoning to your taste.

Since there is little evaporation when cooking in a microwave, you'll need less water or other cooking liquid. Reduce the amount from your conventional recipe by about one quarter.

When cooking sauces, soups, and cakes in the microwave, use a deep microwave-safe dish because those foods tend to increase in volume while cooking.

We don't cook on high all the time when using our conventional oven and stovetop, so we shouldn't cook on high all the time in the microwave. Reduced microwave power creates more even cooking. Before testing the doneness of food that has been cooked in the microwave, remember that it should rest or stand for a few minutes after being taken out of the microwave; "standing" finishes the cooking process, so test it after that.

As you experiment with converting your recipes, don't forget to write down your changes so you can repeat the steps the next time you make each dish.

Here are a few tried-and-true favorites to give you an idea of how to get started on full-flavored but quick ways to enjoy lots of... "OOH IT'S SO GOOD!!!"

**Shrimp Diabol**  
(4 servings) "What is diavolo? Here it

means food that is devilishly spicy! Go ahead - there's a little devil in all of us!"

1 can (14-1/2 ounces) diced tomatoes; 2 garlic cloves, minced; 1 teaspoon dried basil; 1 teaspoon dried oregano; 1/2 teaspoon crushed red pepper; 1/2 teaspoon sugar; 1 teaspoon salt; 1 pound uncooked large shrimp, peeled and deveined, with tails left on.

1. In a microwave-safe 9" x 13" baking dish, combine all the ingredients except the shrimp; mix well then stir in the shrimp.

2. Microwave at 80 percent power for 5 to 6 minutes, or until the shrimp are no longer pink, stirring halfway through the cooking.

**Serving Suggestion:** A bed of warm cooked pasta or rice really rounds out this spicy favorite!  
**Complete Pork Chop Dinner**  
(6 servings) "Say goodbye to plain old pork chops 'cause I've got a recipe that'll have the whole family running to the table!"

2/3 cup instant rice; 1 can (14-1/2 ounces) stewed tomatoes; 1 can (16 ounces) kidney beans, rinsed and drained; 1 can (15-1/4 ounces) whole-kernel corn, drained; 6 pork loin chops, 1/2 inch thick (2 pounds total); 1 tablespoon vegetable oil; 1/2 teaspoon salt; 1/2 teaspoon black pepper; 1/2 cup salsa; 1 teaspoon chili powder.

1. Coat a microwave-safe 9" x 13" baking dish with nonstick cooking spray. Sprinkle the rice over the bottom of the dish. Spread the stewed tomatoes evenly over the rice.

2. In a medium bowl, combine the kidney beans and corn; mix well and reserve 1/2 cup of the mixture. Sprinkle the remaining corn mixture over the stewed tomatoes.

3. Brush the pork chops with the oil and season with the salt and pepper. Place in the baking dish over the corn mixture.

4. In a small bowl, combine the salsa and the chili powder; spread evenly over the pork chops. Sprinkle with the reserved corn mixture.

5. Cover the baking dish with plastic wrap and microwave at 80 percent power for 12 minutes, or until the rice is tender and the pork chops are cooked through.

**Quick-Roasted Peppers**  
(6 to 8 servings) "Roasting peppers may sound like a lot of work, but we can have that traditional fire-roasted taste

without heating up our kitchens, thanks to our Inverter microwaves!"

3 tablespoons vegetable oil; 1/2 teaspoon garlic powder; 3/4 teaspoon salt; 1/4 teaspoon black pepper; 4 bell peppers (red, green, or yellow), cut into strips

1. In a large bowl, combine the oil, garlic powder, salt, and pepper; mix well. Add the pepper strips and toss to coat completely; pour into a microwave-safe 9" x 13" baking dish.

2. Microwave at 90 percent power for 10 minutes then serve

immediately.

**Kung Pao Beef** (6 to 8 servings)

"Break out the chopsticks for this traditional Chinese dish that gives you the taste of the Orient in minutes!"

1/2 cup teriyaki sauce; 2 tablespoons cornstarch; 1 teaspoon crushed red pepper; 1/2 teaspoon ground ginger; one 2-pound flank steak, thinly sliced, 2/3 cup salted peanuts; 4 scallions, thinly sliced.

1. Coat a microwave-safe 9" x 13" baking dish with nonstick cooking spray.

2. Add the teriyaki sauce, corn-

starch, crushed red pepper, and ginger to the baking dish; mix well. Add the flank steak and turn to coat completely with the sauce.

3. Microwave at 90 percent power for 6 minutes, stirring halfway through the cooking time.

4. Sprinkle with the peanuts and scallions, and serve.

**Serving Suggestion:** Serve this Asian specialty over a bed of warm rice or maybe even some Chinese rice noodles for a flavor-packed change-of-pace main course.

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## State Videoconference To Prevent Violence Against Youth

From Page 1

"While policymakers and the public are concerned about the economy, I am concerned about young people in the community who need opportunities," said Father Gregory J. Boyle of Homeboy Industries. "The fact is that nothing stops a bullet like a job."

Statewide sponsors of the videoconference included: the California Police Chiefs Association, California State Parent Teachers Association, California State Sheriffs' Association, CCS Partnership (joint effort of the League of California Cities, California State Association of Counties and California School Boards Association), Chief Probation Officers of California, Fight Crime: Invest in Kids, The League of Women Voters the Little Hoover Commission, and the Prevention Institute.

Videoconference speakers included: California Attorney General Bill Lockyer; California Health and Human Services Agency Secretary Kim Belshé; Senator Dede Alpert; Senator Sheila Kuehl; Senator Bruce McPherson; Senator Deborah Ortiz; Senator Jack Scott; ; Los Angeles County Sheriff Leroy Baca; Sacramento City Police Chief Albert Najera; Father Gregory J. Boyle; Homeboy Industries; Marquee Harris-Dawson, Community Coalition; Gilbert Salinas, Youth ALIVE!; Belinda Smith-Walker, Girls & Gangs; and Tammi Wong, Mutual Assistance Network.



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## Book Reviews

### Fish Tales to Hook Spirits

The good news for anyone who's ever been hooked on fishing-one of the top five sports in the U.S.-is the arrival of a book that will help recapture the spirit of the sport. "Chicken Soup for the Fisherman's Soul" (Health Communications, \$12.95) by the #1 New York Times best-selling authors Jack Canfield, Mark Victor Hanson, Ken McKowen and Dahlynn McKowen has enough fish tales to hook your spirit and snag your funny bone.

Are you still obsessing about the one that got away? Fishermen have always been known for their stories, and this book gathers timeless tales conveying the unique joys and challenges of the fishing experience.

Known as a Presidential tradition, the book contains stories about the great presidential tradition of fishing by great fishermen such as President George H. W. Bush and President Jimmy Carter.

A portion of the book's proceeds will be allocated to the nonprofit Sheridan Arts Foundation (SAF). Each year, SAF hosts 50 disadvantaged, inner-city and Native American children from around the country to participate in its Wild West Fest Mentorship Program.

## Protecting the Nation's Communities from West Nile Virus

WASHINGTON, DC - When it comes to protecting citizens from West Nile virus, communities can learn a lot from Fort Collins, Colorado. The city, which was hit hard by the virus last year with 228 cases, had no mosquito management programs in place when the season began. But an emergency mosquito-spraying program implemented in late August appears to have brought a quick end to the epidemic.

Before the spraying began, 211 people in Fort Collins and its immediate vicinity had contracted the potentially fatal virus. After spraying, only 17 cases were reported in the area through the remainder of the season.

According to a report by Roger Nasci of the Centers for Disease Control and Prevention, the drop in cases in that city was far more dramatic than the gradual decrease in infection rates in the rest of the state.

"This is perhaps the clearest evidence we have that adult mosquito control can indeed significantly reduce West Nile virus transmission," said John Edman, professor of medical entomology and director of the Center for Vectorborne Diseases at UC Davis.

"Emergency spraying is not a substitute for community-based integrated mosquito management programs," Edman said. "But,

### Saluting Our Values

"Example isn't the best way to teach, it is the only way," said Albert Schweitzer.

Those words by the noted theologian, philosopher and physician serve as the basis for the Heart of America Foundation, a nonprofit, nonpartisan organization dedicated to teaching fundamental values that form the basis of the spirit of the American people: compassion, opportunity, responsibility, equality, valor, ambition, liberty, unity, enterprise and spirituality.

In addition, the foundation seeks out exemplary adults and young adults who exemplify these values and engages them in programs designed to inspire others. Many of these individuals are featured in "The Heart of America: Ten Core Values That Make Our Country Great" (HCI Books, \$12.95), by Bill Halamandaris.

"Many are familiar names," says the author of the people he profiles, "people like Oprah Winfrey, Christopher Reeve, John Glenn, Paul Newman. Others are relatively unknown but no less remarkable."

The organization began in 1985, when Halamandaris, disheartened by the corruption he'd uncovered as head of a congressional committee, began to search

for the "heart of America," people who represent the best in American society.

### College Students Share Their Success Secrets

Maybe one of the best ways to survive your freshman year is to talk to hundreds of college sophomores, juniors, and seniors who did survive (and even a few who didn't). That's what is offered up in the new book, "How to Survive Your Freshman Year" (Hundreds of Heads Books, \$12.95).

What's so special about your freshman year? It's one of the biggest transitions in a person's life. The anticipation can bring on stomachaches, teeth-grinding and parental feuds. Happily, this book understands and asks former freshmen all kinds of interesting and fun questions about dating, roommates, money, free time, and yes, even laundry. Ultimately, it helps new college students-all 1.7 million-get a jump-start on one of life's most exhilarating experiences.

The book's strength is its authenticity. The suggestions and comments are candid, heartfelt, and easy to read-real advice from real people offering 800 personal stories and advice tidbits.

Some sample advice: "Tackling your workload in college is like shoveling snow. Do a little bit every day and you'll get by." NAPS

meningitis and polio-like symptoms, and some will die.

An Integrated Mosquito Management (IMM) program is the best way to contain the spread of the virus and prevent human infections, James said.

This balanced, integrated approach encompasses four components: 1) educating the public about prevention measures, 2) surveillance and monitoring of mosquitoes and West Nile virus, 3) sanitation and maintenance, and 4) natural and chemical controls.

"In addition to taking precautions to avoid being bitten by mosquitoes, citizens should check with their local governments to learn what measures they are taking to control the spread of the virus in their areas," James said. "And if no mosquito-control programs are in place, urge them to implement one."

Some critics claim that spraying pesticides is unnecessary to prevent the spread of West Nile virus, with some even suggesting that communities take a chance by not spraying at all.

"The reality is that the risk posed by West Nile virus is much greater than any risk associated with mosquito-control pesticides, which have been extensively tested and are registered with the Environmental Protection Agency," said James, noting that the EPA and the U.S. Centers for Disease Control and Prevention endorse responsible pesticide use as an integral part of the solution to protecting people from West Nile virus.

"The risks associated with proper use of pesticides are so low one cannot document any lasting effects," said James. "There are no known deaths from spraying these products. The same cannot be said for the victims of West Nile virus."

James urges citizens to educate themselves and take a pro-active role in protecting themselves against West Nile virus.

### Crossword Puzzle Solution

SAIS KIM ACCT  
AGAG IRA SHOE  
MIND ANAO HARM  
ABA GENRE RDA  
JAT ISHI  
CIPOLIN SATAN  
ELUL COM DECA  
AERIE MAJESTY  
CELT RAS  
HRH FALLS TAO  
YEAN MOISEYEV  
EASE IBN LARA  
TREE LEF ARIL

## Stories and Images of Visitation Valley



A video and photo exhibit telling the story of Visitation Valley through the lives of local seniors drew a curious audience for an afternoon premiere at John King Senior Community on June 12. Sponsored by the California Council for the Humanities and the Visitation Valley Development Corporation, the 90-minute presentation also featured vintage photos of the neighborhood.

## Healthy Ideas

\*According to the National Institutes of Health (NIH), allergies contribute to more than two million missed school days per year. Research has found that many children with nasal allergies also suffer from the most common type of eye allergy, allergic conjunctivitis. Medications that can help alleviate these symptoms include Optivar (azelastine hydrochloride ophthalmic solution), 0.05 percent, a prescription eye drop for itching of the eyes associated with allergic conjunctivitis in adults and children ages three and older.

\*Experts agree that knowing what to expect can help prospective parents prepare for the big event and minimize fears. Traditionally, parents-to-be have turned to their families, friends, health care providers and books to find out what to expect. Today, Web sites help untangle some of the mystery behind parenting with customized, up-to-date information and the chance to connect with other expectant or new parents in community chat rooms. Now, one site even offers a video series shown on the computer that covers pregnancy, childbirth and life with a newborn from the point of view of real moms and dads in real situations, available as part of BabyCenter Plus at [www.babycenter.com](http://www.babycenter.com).

\*There is a growing belief among health professionals that virtually everyone may benefit from taking a daily multivitamin. Research has indicated that even those who closely follow the Dietary Guidelines for Americans and the Food Guide Pyramid can further reduce their risk for chronic disease by including a multivitamin in their daily routine. To ensure you are meeting recommended levels of essential vitamins and minerals and other key nutrients, look for a multivitamin that provides 100 percent of the Daily Value (DV) for most vitamins and minerals. If you are taking single supplements along with your multivitamin, check with your doctor or pharmacist to make sure your total

intakes are reasonable and safe.

\*Talking combination smoke and CO alarms with a voice warning feature are available from Kidde and allow you to easily distinguish if CO or smoke has been detected. Experts also recommend selecting an alarm with digital display.

This model allows you to see the level of CO as soon as it is present; the peak memory feature lets emergency personnel know how high the level was and, therefore, how victims should be treated. For more information on home safety, visit [www.kiddeUS.com](http://www.kiddeUS.com).

\*According to the National Institutes of Health, approximately one in seven people in America suffer from learning disabilities (LD). Sadly, every year, the school season can be a heartbreaking time for children who face significant difficulties because of LD (including those undiagnosed). Many of their struggles go beyond learning, such as low self-esteem and/or social isolation. Fortunately, a Web site has been created to help parents of children facing these issues deal with the fears and challenges that LD presents. The site, [www.SchwabLearning.org](http://www.SchwabLearning.org), provides much-needed information on identification and treatment as well as a community of parents who have also faced the emotional challenges of LD.

\*A device which optimizes the way oxygen is used can be used to increase physical ability. Independent research studies show that better oxygen utilization improves cell functions by increasing the cell energy; even short-term exposure produces beneficial changes. This is increasingly used by health spas, health professionals, hospitals and individuals. It has been tested on human athletes in Finland and on racehorses in Norway. A poorly performing horse at the Askani race course there, for example, was treated with Airnergy from Natural Energy Solutions after the device was part of her owner's successful cancer treatment. After 20 minutes exposure to it each day for four weeks, the horse beat the track record. For more information, go to [www.airgowell.com](http://www.airgowell.com). NAPS

## Church of the Visitation

Roman Catholic (1907)

### 97 Years in Visitation Valley

Daily Masses  
(Mon-Fri) 7 a.m. & 5:30 p.m.

Saturday Masses  
7:30 a.m. & 5 p.m.

Sunday Masses  
8 & 9:30 a.m. (11 a.m. Spanish)  
12:30 & 5 p.m.

Our Lady of Visitation School  
Grades K-8  
239-7840

Religious Education: Grades K-8 (Saturday only) 239-6723

*Come, Let us worship together!*

655 Sunnydale Avenue  
San Francisco, CA 94134-2838  
(415) 239-5950

Rev. Zachary J. Shore, Pastor

## FREE CERAMICS CLASS

For everyone 18 and older at  
Visitation Valley Community Center,  
66 Raymond Avenue  
Tuesdays from 9 a.m. to 4 p.m.

*Very therapeutic and fun. You do not need to stay the entire day...come for as long as you like.  
We have a wonderful teacher to assist you.*

For more information, call the  
VCC Senior Program: (415) 467-4499



## Should You be Starting Your Own Business?

by Joe John Duran CFA

Are you sick of your job? Overworked by your boss? Not paid well enough? These are some of the many issues that most employees confront at some point in their career.

The inevitable solution that comes to mind, and that resolves all of these concerns, is to become your own boss. After all, what could be better than working for yourself? Imagine doing whatever you want and setting your own income level. These are some of the reasons over one million new businesses are started every year in the U.S. Sadly however, over half of those businesses fail within the first two years.

How do you start your own business when you already have a job and an income stream? What if you have a family to support? How do you take the leap while minimizing your likelihood of failure when the stakes are so high?

We interviewed dozens of successful entrepreneurs for *Start It, Sell It and Make a Mint* (John Wiley and Sons, June 2004) to find out how they made the leap and soared to success. The following are three golden rules that will keep you from turning that leap into a plunge:

1. *Be Honest*: Do you have what it takes to run your own business? Are you persistent? Do you have the fortitude required to weather the tough times? No matter how great the business idea, you will invariably face many obstacles along the way. You'll need a broad range of skills in order to succeed, including the ability to understand financials and to prepare marketing strategies. In addition, brace yourself for significantly increased stress. Remember, not all people are suited to running their own business, so be objective and honest about your abilities and about the business opportunities is crucial – the dream may seem glorious, but can swiftly

turn into a nightmare.

2. *Be Patient*: Remember, there's no rush! If you already have a steady income stream, take the time to do your homework. Don't leave a secure job situation for complete uncertainty on a whim. Remember that every month you receive a paycheck and are able to continue to develop your business plan is one less month of personal expenses that you'll have to cover. Building a successful business is not like a 100 yard dash; do not try to do too much too quickly. Think of this instead as a marathon, and spend time mapping your course and preparing. Focus, dedication and preparation are the keys to minimizing your risk.

3. *Be Prepared*: Put together a business plan with in-depth financials. Develop the concept of your product or service and speak to potential customers about it. Maybe even pre-sell some of the products you are going to be offering. The more certain you are about the viability of the business; the less risk you'll be taking. In fact, aim to be so prepared that you'll know exactly where your sales will come from over the first six months.

Taking the leap can be one of the most exhilarating experiences for those brave enough, but after the initial euphoria wears off, many entrepreneurs end up wishing they had their old jobs back. They yearn for the days when they could leave their job in the evenings without taking their stress and problems home with them.

Along with these burdens, however, comes an invaluable asset: freedom. You can be your own boss. You can craft something special from scratch and pour your sweat into something you truly believe in. Taking the leap is not for everyone. And it certainly won't be easy. But if you are honest, patient and prepared, the dream of success may soon be your reality.

Joe John Duran CFA is author of *Start It Sell It & Make a Mint* © John Wiley & Sons, June 2004. He's based in Los Angeles. For more entrepreneurial help, visit [www.startitsellit.com](http://www.startitsellit.com)

## Growing What Everyone Loves to Eat

The Summer 2004 Old Farmer's Almanac Gardener's Companion provides tips on how to grow the vegetables a recent USDA poll ranks as America's favorites.

1. *Potatoes*: Plant in loose, fertile, well-drained soil in full sun as soon as the soil is about 45 to 55 degrees F and can be turned over without clumping. Put a seed potato piece, cut side down, every 14 inches, and cover with three to four inches of soil.

2. *Lettuce*: Leaf lettuce, the easiest A Control Plan for Kid's Media Usage

From Page 1

Does it match your child's physical skill and comprehension level? Does it provide information and learning experiences that are meaningful, relevant, and respectful of who your child is, along with the people and cultures that surround him or her? Can your child use it for imaginative play? Does the medium engage your child, or does it seem to be confusing or frustrating?

5. Encourage active, creative, and open-ended use of media: You can help your child use media actively to create picture books, digital photo albums, home movies, and websites. Encourage children to pursue their curiosities and interests across a range of media. Create reflective opportunities by asking your children questions about their experience of the medium.

6. Teach your children media literacy skills: Media literacy involves the ability to access, understand, analyze, evaluate and create messages in a wide range of media. The need for these skills increases as children grow older and become more independent of you. Adults need to explore resources that offer information and strategies for selecting and using media and guiding children to make wise choices on their own.

type to grow and the most popular for backyard gardens, needs very little space. Plant it at the ends of garden rows, or in containers on porches, patios, and balconies. Always buy new seeds each season.

3. *Onions*: Start onion seeds indoors 8 to 12 weeks before the last frost, or buy sets and plant them two to six inches apart, gently pressing them into loose soil as soon as the ground can be worked. (Use the closer spacing if you want to pull immature onions as scallions.) If planting seeds in the garden, sow them 1/2-inch deep and keep the soil evenly moist. Seeds are tricky, because if the soil dries out, they won't germinate. Thin emerging seed-

lings to three inches apart.

4. *Tomatoes*: Tomatoes like warm weather. Plant seedlings outside when evening temperatures are above 55 degrees F. If you purchase lanky seedlings from a nursery, bury their stems right up to the first two leaves when you plant them.

5. *Carrots*: Carrot flavor can vary depending on the type of soil. Prepare the soil well by turning it over to a depth of at least a foot before planting carrots. If your soil is heavy clay or very rocky, plant carrots in a raised bed at least 12 inches deep, filled with fluffy, rich soil. Plant carrot seeds 1/4-inch deep. Cover with a layer of vermiculite or fine compost to prevent a crust from forming and slowing germination.

Old Farmer's Gardener's Companion

## Ten Tips on Getting Your First Mortgage

Purchasing your first home is bound to be one of the most memorable events of your life. Unfortunately, it probably will be the most stressful, especially if your credit is not great, and you are struggling for a down payment.

Most real estate agents won't even show you a house until they pre-qualify you, that is make sure you can afford what they show you. So you need to prepare before you look for that dream house.

Here to help demystify the process, Suzanne Caplan, co-author of *Building Big Profits in Real Estate: A Guide for the New Investor*, offers ten solid tips on what to do before you jump into the financial quagmire of real estate financing.

1. Save enough money for at least a 5 percent down payment and closing costs.

2. Check your credit report. Log on to [myfico.com](http://myfico.com) to find reports from all three credit reporting agencies.

3. If your score is low (below 650) learn what you can do to improve it, such as pay off old credit cards or dispute items.

4. Stop by a local savings bank

and talk to a loan officer...they can pre-qualify you.

5. Choose a reasonable price range and don't get carried away by a dream house...that could be the next one.

6. Find a good agent, they have good financing ideas. Read the real estate section of your local newspaper for news on who has won sales awards; or get a referral from family or friends.

7. Keep from making other purchases while you are qualifying....no new cars or furniture.

8. Some owners will take back a second loan to make your down payment larger, it doesn't hurt to ask.

9. Even if you expect to get a better job soon, stay where you are. The more stable your employment, the better it looks on a mortgage application.

10. If it doesn't look like it will be successful, consider finding a property to buy on a "rent to own" basis. Contact a real estate investor to see if they are working this program or learn about how to do it and work with a property owner.



## Cathy Kline Saunders

Broker Associate

215 WEST PORTAL AVENUE  
SAN FRANCISCO, CA 94127



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For Any of Your  
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(415) 731-5011  
Extension 163



Grapevine Puzzler

A E E G N A R O T N R U B T O R Y F S Y  
O A W O L L E Y N O M E L U R E A O P E  
N W O R B M A H O G A N Y R A D R R R L  
B U R N T S I E N N A Y N Q N V G E I L  
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A E E N N Q A D C A H B G O E O U T G W  
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S A S E A G R E E N S D E R K C I R B C

apricot	comflower	mulberry	salmon
aquamarine	forest green	navy blue	sea green
bittersweet	gold	olive green	sepia
black	goldenrod	orange	silver
blue	gray	orange red	sky blue
blue gray	green	orange yellow	spring green
blue green	green blue	orchid	tan
blue violet	green yellow	peach	thistle
brick red	lavender	periwinkle	turquoise blue
brown	lemon yellow	pine green	violet
burnt orange	magenta	plum	violet blue
burnt sienna	mahogany	raw sienna	violet red
cadet blue	maize	raw umber	white
chestnut	maroon	red	yellow
copper	melon	red orange	yellow green
camation pink	midnight blue	red violet	yellow orange

Big Box of Crayons

Quality Collision Repair is No Accident

It's a simple fact-the more you drive, the more likely you are to be involved in an auto accident. Matter of fact, nearly one in five vehicles on the road right now will be involved in an accident within the next 12 months.

Ford Motor Company's Customer Service Division offers the following facts and guidelines that may help you simplify and speed up the collision repair process and assure that your vehicle is returned to you in pre-accident condition.

The Insurance Company

Most collision repairs are paid by your insurance company or the insurance company of the person responsible for the accident. It is important to review the terms of your policy and to communicate with the insurer to fully understand the terms, conditions and any coverage limitations that may exist before the collision repair process begins.

Remember-most auto insurance policies contractually obligate insurers to return collision-damaged vehicles to "pre-accident" condition. You should expect no less.

The Collision Shop

Like all auto repair facilities, the capabilities of collision repair shops vary. You have the final say where your vehicle will be repaired and may have a preference.

If you don't, check with your dealer. Many dealers have collision repair facilities with trained technicians who specialize in repairs to vehicles like yours. If your dealer does not have a collision shop, it is likely there will be a recommended list of reputable independent collision shops.

The Collision Estimate

Collision repair estimates are difficult to understand. Review your estimate with a collision shop or insurance representative to make sure all questions you have are answered to your satisfaction. Pay special attention to abbreviations and acronyms.

Did You Know?

In the mid-'80s, the International Association of Fire Chiefs and Energizer recognized a disturbing trend-home fire deaths and injuries were increasing despite widespread use of smoke alarms. Research showed non-working smoke alarms were often responsible. It was then that the two organizations decided to join forces to spread the news about proper smoke alarm maintenance. Together they founded the "Change Your Clock, Change Your Battery" program in 1987. Now in its 16th year, the "Change Your Clock, Change Your Battery" program has donated nearly 2 million 9-volt batteries to reach children, senior citizens and families in communities nationwide.

To help you start a new chapter in getting your child to read better, the Partnership for Reading suggests you create a quiet, special place in your home for your children to read, write and draw. Have your children use that space every day. Keep reading materials in places where your children will see them and use them. Ask your children questions about what they have read and help them think about it. Doing this will build comprehension skills.

Technology industry analysts project that more than 50 percent of vehicles sold worldwide will be equipped with in-vehicle communications or telematics systems and services by the decade's end, with the number approaching 70 percent of new vehicle sales in North America. Analysts also expect that the integration of voice-activated hands-free cellular services will become increasingly important in telematics application. One example of this trend toward voice-activated, hands-free phone technology is the expansion of OnStar Personal Calling, whose usage tripled in 2002 over the previous year.

NAPS

As a Matter of Fact

The smallest plane ever flown is the Bumble Bee Two, designed and built by Robert H. Starr of Arizona. It was 8 feet, 10-inches long with a wingspan of five feet, six inches.

Teenagers eat candy most often; 21 percent eat it every day; 86 percent eat it at least once a week.

In the world of horses, a palomino is a light tan or golden horse with an ivory or cream-colored mane and tail. A sabino is a roan or light red horse with a white belly.

In the early 1940s, Prime Minister Winston Churchill ordered that Britain's carousels be reopened, despite widespread material shortages, in an effort to boost morale during World War II.

Almost one in three families in the U.S. and France own a dog. Germany and Switzerland have one dog for every 10 families.

While shelled eggs are produced by hens with white feathers and ear lobes. Brown shelled eggs are produced by hens with red feathers and red ear lobes.

Thomas Jefferson wrote his own epitaph without mentioning that he served as President of the United States.

Cats can hear ultrasound.

The world's largest rodent is the capybara, an Amazon water hog that looks like a guinea pig. It can weigh more than 100 pounds.

The earliest known use of the term "merry-go-round" is found in a poem written by Englishman George Alexander Stevens in 1729.

By the end of the Civil War, between one-third and one-half of all U.S. currency was counterfeit.

Thomas Jefferson's library of approximately 6,000 books became the basis of the Library of Congress. His books were purchased from him for \$23,950.

The largest fish is the whale shark. It weighs up to 15 short tons - more than twice as much as an African elephant.

A gerontocracy is a society or group of people in which older people are the most powerful.

Between 2,000 and 3,000 carousels were produced in the U.S. from the early 1880s to the early 1930s. Today, about 175 of them are still operating.

The American Museum of Natural History in New York City is the largest natural history museum in the world.

The Boy Scout movement was founded by Lord Baden-Powell of England. His army experiences convinced him that British boys needed more physical training and experiences in outdoor life.

Barley was probably the first cereal harvested by people. Grains have been found in Egypt that are believed to be 5,000 years old.

NAPS

Historic Proportions

Match clues to answers.  
1915

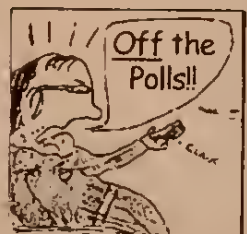
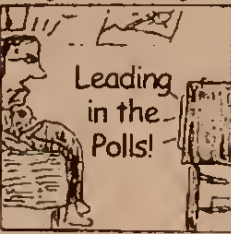
- Italy declared war on neighboring country on May 22.
- British troops went ashore here in combat on Apr. 30.
- World Series winners on Oct. 13.
- U.S. Marines landed here on July 29.
- British liner sunk by German submarine on May 12.
- Controversial D.W. Griffith film opened Feb. 8.
- German armored cruiser sunk by British on Jan. 24.
- Horrible earthquake here on Jan. 13 killed almost 30,000 people.
- San Francisco fair opens for second season on Feb. 20.
- He became boxing champion on Apr. 8 in Havana, scoring a knockout in the 26th round.
- Liquor sales were banned on Sundays here beginning on Oct. 10.
- He built the first all-metal plane on Dec. 12.
- Most recognizable groom in Dec. 18 wedding.
- British declared war on this country on Oct. 16.
- Mexican rebels raided Texas town on Sept. 24.
- Winner of Nobel Prize in Literature on Dec. 10.
- Germans sunk U.S. merchant ship on May 2.
- Rose Bowl winner on Jan. 1.

Five Years Ago  
In the Grapevine

JULY 1999

Two men wearing bandannas to conceal their faces robbed an undetermined amount of money from the Visitacion Valley Post Office at 68 Leland Ave. just before noon on June 30.

Sump, the Grump



- C. Panama Pacific Exposition  
D. Birth of a Nation  
E. Lusitania  
F. Austria-Hungary  
G. Philadelphia Phillies  
H. Hugo Junkers  
I. Gallipoli  
J. Italy  
K. Chicago  
L. Jess Willard  
M. Washington State  
N. Brownsville  
O. Romain Rolland  
P. Gulfport  
Q. Bulgaria  
R. President Woodrow Wilson

Answers: 1-F; 2-L; 3-G; 4-B; 5-E; 6-D; 7-A; 8-J; 9-C; 10-I; 11-K; 12-H; 13-R; 14-Q; 15-N; 16-O; 17-P; 18-M.

Sez Who?

Match quotes to speakers.

- "Good management consists in showing average people how to do the work of superior people."
- "If you would be loved, be loveable."
- "The past is but the beginning of a beginning."
- "I like long walks, especially when they are taken by people who annoy me."
- "He can compress the most words into the smallest idea of any man I know."
- "Her only flair is in her nostrils."
- "Hope is a waking dream."
- "Pitch within yourself."
- "The greater the obstacle the more glory in overcoming it."

- A. Fred Allen  
B. Abraham Lincoln  
C. Moliere  
D. H.G. Wells  
E. Aristotle  
F. John D. Rockefeller  
G. Tom Seaver  
H. Benjamin Franklin  
I. Pauline Kael

Answers: 1-F; 2-H; 3-D; 4-A; 5-B; 6-I; 7-E; 8-G; 9-C.

Crossword Puzzle

Solution on  
Page 4

ACROSS

- Indian groom
- Kipling hero
- Accountant (abbr)
- Amalekite king
- Individual retirement acct. (abbr)
- Mule
- Phil. island
- Impair
- Camel hair cloth
- Kind
- Recommended daily allowance (abbr)
- Punjab inhabitant
- Yahi tribe survivor
- It. Marble
- Devil
- Jewish month
- With (pref)
- Ten (pref)
- Eagle's nest
- Superior
- Gael
- Eth. Prince
- Her Royal Highness (abbr)
- Honey-eater bird
- Birth of a lamb
- Dance company
- Alluviate
- Son of, in Arabic names
- Byron poem

- Corner
- Shelter
- Seed coat
- DOWN
- Muttonfish
- Arabian
- Nights, dervish
- Sayings (aut)
- Signed (abbr)
- Lively
- Persia today
- N.Z. Polynesian
- Hardwood
- Ribbed fabric
- Theme: music
- Bedouin
- Headband cord
- Noun-forming (suf)
- Pretty (Fr)
- Hell
- Council for Econ. Advisors (abbr)
- Island (Fr)
- Buy
- Name (Fr)
- Perform
- But also
- Naut. Line
- Sprite
- Swiss card game
- Dravidian language
- Rain (pref)
- Raise
- Leaf division
- Jewish month
- Air (pref)
- Elliptical
- Maiden name lead-in
- Guido's nota (2 words)



## Visitation Valley Police Report

### Police Seek Attempted Kidnaping Suspect

San Francisco police are seeking the public's help in finding a man wanted in an attempted kidnaping of an 11-year-old girl that occurred on June 16 on the 400 block of Mansell Street at John Shelley Drive at about 6:40 p.m.

In that incident, a man in a red pick up truck drove up alongside the girl as she was walking on the sidewalk and ordered her to get into the truck.

When the girl refused, he made a U-turn and continued to follow the girl.

When the girl began to walk in the opposite direction, the driver put the truck into reverse and continued to follow her, ordering her a second time to get into the truck. The girl fled into a park at that location and the suspect drove away.

The suspect is described as a white male, 48-50 years old, balding with silver hair on the sides, wearing a long-sleeved shirt and black jeans. The pick up was an older model, red two-door.

Persons with information are urged to contact the Juvenile Division, 558-5500.

### Dead Body Found Near Tunnel Avenue

The dead body of a man was discovered at 10 a.m. on May 24 just east of the San Bruno Mountain. Police believe the man may have been stricken and killed the night before by a vehicle of an intoxicated man arrested around 10 p.m. along the 300 block of Tunnel Ave.

### Man Murdered in Sunnydale Projects

A man was murdered near the corner of Sunnydale Avenue and Hahn Street in the early morning of May 31. Charles Pettus, 28, was killed around 1:40 a.m. by multiple gunshot wounds.

#### San Francisco City Services

Abandoned Cars	553-9817
Bus Shelter Damage	882-4949
Curb Painting	554-2336
DPW/Illegal Dumping	28-CLEAN
Graffiti Hotline	241-9274
Muni Information	673-6864
Parking and Traffic Problems (DPT)	553-1200
Pothole Repair	695-2100
S.F. Police IngleSide Station	404-4000
S.F. Police (non-emergency)	563-0123
Street Lighting	554-0730
Sunnydale Resource Center	586-7572
VVMS Anonymous Hotline	281-8406
Tree Problems	695-2162

#### Visitation Valley Community Center

**Mondays:** Senior Shopping 11:30 a.m., Tuesdays Senior Ceramics 9:30 a.m.-4 p.m., Senior Bingo 12:30 p.m., **Thursdays:** Sewing Class 9 a.m.-3 p.m. **VVCC Regular Board Meeting** is held on the 4th Thursday of each month at 5 p.m.

### Police Arrest Gunman

Police officers chased and subdued a 27-year-old man just after noon on June 19 after receiving a call that a man was brandishing a weapon near the corner of Visitation Avenue and Schwerin Street.

A loaded automatic weapon was confiscated from the suspect following his arrest.

### Crime Summaries

\*May 18: 9:15 a.m., Brookdale Ave. & Santos St., robbery on street with gun.

\*May 18: 12:01 a.m. Rey St. & Sunnydale Ave., stolen auto

\*May 19: 11 p.m., Leland Ave. & Delta St., burglary of residence, forcible entry

\*May 19: 11 p.m., Elliot St. & Teddy Ave., stolen auto

\*May 19: 11 p.m., Elliot St. & Teddy Ave., vehicle recovered, auto.

\*May 19: 6:58 p.m., Sawyer St. near Sunrise Ave., malicious mischief, vandalism of vehicles.

\*May 19: 2:32 p.m., Sunnydale Ave. & Santos St., recovered vehicle stolen outside S.F.

\*May 19: 11:15 a.m., Sunnydale Ave. & Rutland St., robbery on street, strongarm.

\*May 20: 5 p.m., Sunnydale Ave. & Hahn St., attempted homicide with gun.

\*May 21: 11:25 p.m., 200 block of Santos St., battery

\*May 23: 7 p.m., Mansell St. & Boudoin St., stolen auto.

\*May 23: 5:25 p.m., Sunnydale Ave. & Hahn St., recovered vehicle stolen outside S.F.

\*May 24: 11:15 p.m., 400 block of Wilde Ave., stolen truck.

\*May 25: 12:01 a.m., Delta St. & Tucker Ave., malicious mischief, vandalism of vehicles.

\*May 26: 6 p.m., Leland Ave. & Loehr St., grand theft from locked auto.

\*May 28: 8 p.m., Sawyer St. near Sunrise Wy., stolen auto.

\*May 28: 11 p.m., Dwight St. & Girard St., stolen auto.

\*May 28: 11 p.m., Dwight St. & Girard St., vehicle recovered, auto.

\*May 29: 2:30 a.m., Wilde Ave. & Brussels St., stolen auto.

\*May 30: 11:30 a.m., Campbell Ave. & Alpha St., recovered vehicle stolen outside S.F.

\*May 31: 1:28 a.m., 1500 block of Sunnydale Ave., manslaughter, homicide with gun.

\*June 1: 7:30 a.m., Dwight St. & Girard St., stolen auto

\*June 1: 4:20 a.m., Alpha St. near Arleta Ave., malicious mischief, vandalism of vehicles

\*June 1: 9:30 a.m., 400 block of Raymond Ave., petty theft from building

\*June 1: 6:15 p.m., 1500 block of Sunnydale Ave., simple assault and battery

\*June 3: 5 a.m., Rutland St. near Sunnydale Ave., stolen auto

\*June 4: 11:10 a.m., Mansell St. & Somerset St., simple assault, battery

\*June 4: 3 p.m., 000 block of Brookdale Ave., grand theft, lost property

\*June 5: 1:16 a.m., Sunnydale Ave. & Hahn St., attempted homicide with gun

\*June 5: 12 noon, Boudoin St. at Mansell St., stolen auto

\*June 6: 10 p.m., Raymond Ave. & Alpha St., stolen auto

\*June 7: 1 p.m., Bayshore Blvd. & Arleta Ave., grand theft, pickpocket

\*June 7: 1:09 p.m., Blythdale Ave. near Santos St., narcotics, possession of heroin

\*June 8: 8 a.m., Harkness Ave. & Brussels St., stolen and recovered vehicle

\*June 10: 5 p.m., Sunnydale Ave. & Hahn St., stolen auto

\*June 11: 8:30 p.m., Blythdale Ave. near Santos St., malicious mischief, vandalism

\*June 14: 12:01 a.m., Blythdale Ave. & Santos St., malicious mischief, breaking windows

\*June 14: 10 a.m., San Bruno Ave. near Mansell St., grand theft from building

\*June 14: 4:57 p.m., 100 block of Britton St., malicious mischief, vandalism of vehicles

## Poor Rix's Almanac

by Rix Quinn

Dear Readers: This time of year many people ask questions about summer camp.

Poor Rix: Did you ever go to summer camp?

I attended yearly until I won the counselors' beard growing contest, pretty impressive for a 12-year-old. Then they promoted me to a job in the main cabin, sweeping dust off a dirt floor.

Dear Poor Rix: What should I take to camp?

Poor Rix always packed deodorant, a snakebite kit, and pest repellent, the same things he recommends taking to a political convention.

Poor Rix: Why do camp counselors often have silly nicknames?

Sometimes their names signify special traits. For instance, the counselor called Eagle may have sharp vision. The one named Brain might possess a sharp mind. We called our counselor Goat, because he had a sharp odor.

Hey, Poor Rix: Did camping help you learn about wild animals?

Absolutely. Poor Rix learned a camper should never (a) come a porcupine, (b) play tug-of-war with anything rabid, or (c) pat a foul-smelling black-and-white kitty. (That last experience earned Poor Rix his own cabin, plus a distinctive fragrance that made fellow campers vomit.)

Poor Rix: Did you learn to build a fire at camp?

Yes. The counselor taught us to rub two rocks together to create a spark. He called these rocks "flints." Poor Rix found a way to light a campfire by rubbing two sticks together. He called these sticks "matches."

Dear Poor Rix: Our family will soon take a summer trip. Where did the idea of vacations come from? - Car Traveler

The word comes from two roots: "vacate," which means to leave, and "shun," which means avoid. Therefore vacation means, "to shun the comfort of your town for a rustic motel near coyotes."

Cash-heavy vacationers - also called "walking wallets" - prepare for the excursion by selecting a locale. Popular destinations include (1) theme parks, (2) large cities with names jealous neighbors will recognize, and (3) historic sites like museums or dinosaur tracks. (Have you ever seen dinosaurs race? Did they have jockeys?)

Next, ask yourself about accommodations. Do you want (1) a room with nearby swimming pool, (2) a room with kitchenette, (3) a room with a flush toilet?

Many folks travel by car. This allows them to pack extravagantly, stop along the way to view scenery and buy post cards, and get gas at both service stations and offbeat cafes.

Poor Rix - who's been to more motels than that guy who sells little complimentary soap bars - offers these thoughts:

1. Select appropriate clothing. Swimwear may be OK for the beach, but rarely at a dude ranch, unless you are a supermodel.

2. Don't forget money, travelers' checks, or credit cards. Whoever said, "the best things in life are free" never asked for adjoining rooms.

3. Take lots of video. You'll enjoy watching it. And you can show it to visitors when you want them to leave.

Dear Poor Rix: My husband left me to marry my sister. What should I do? - Sibling

No need to send a gift. You've already supplied Sis "something borrowed."

Dear Poor Rix: I sometimes forget where I put my car keys. How can I improve my memory? - Concerned

First, put your keys in the same place every time. Then, say to yourself, "Self, I left my keys on the desk." That is, unless you left them someplace else.

So, where did you leave them? And what was your question again?

Dear Poor Rix: My nose hair grows really fast, and I can't control it. Any suggestions? - Nostrildamus

Don't do what my friend did! She had the nasal hair surgically replanted on her brows. But the problem is, when she sneezes, she covers her eyes.

Dear Poor Rix: What do you think about the current business climate? - Worried

Poor Rix believes that economic cycles are like cold sores. No matter what you do, they'll probably eventually get better.

Dear Poor Rix: How long does it take a chicken to hatch eggs? - Curious

A long time. But time means nothing to a chicken.

Actually, it takes about 21 days for a chick to come out of its shell...longer if it's shy.

Dear Poor Rix: Since you claim to be bookish, who invented libraries? - Librarian

Ancient Mesopotamians deserve the credit. They originally created books by marking on wet clay tablets. When these dried...instant heavy reading!

Then these smart people - with tons of texts - built libraries to house their volumes.

Unfortunately, few ancient books survive. And they don't have many pictures, because it's tough to draw with a chisel.

Dear Poor Rix: I'm about to attend my 20-year-high school reunion. Will I enjoy it? - Grad

Poor Rix has never been to a reunion, because he has no class.

But seriously, folks tell me they attend reunions for three reasons: (1) to find out what happened to their best friends, (2) to see how much older everyone else looks, and (3) to display a new figure or a

new spouse.

Hey, Poor Rix, have you ever been to a fortune-teller? - Futurist

Yep. She looked into her crystal ball and said, "Your future looks cloudy." So I said, "Maybe you need some glass cleaner."

Dear Poor Rix: I would like to run for the legislature when I graduate from school. How do I get started? - Student Body President

Poor Rix congratulates you on your decision to serve constituents. Some people just want to be politicians.

Poor Rix never ran for anything at school, except the door when the teacher hollered "Recess!" But here's what friends tell me about politics:

How much money do you need? About three gazillion dollars. This allows you to print campaign posters, buy advertising time, and hire a crowd to show up for your first few speeches.

The fastest way to raise cash is from affluent relatives. Poor Rix used to get rent money from distant cousins by threatening to come live in their guest rooms.

Or, you can gather funds by going door-to-door. Some people call this "building grassroots support." Others call it "begging."

Few candidates run unopposed. Therefore, it's helpful to join a party. Which one? Poor Rix attends all parties, especially ones with ice sculptures on the food table.

During a campaign, you may be forced to debate your competitor. At the debate, respectfully refer to him as "my worthy opponent," not "the slovenly pervert sitting next to me."

Once elected, some legislators serve multiple terms, and eventually retire. A few retire when they take office.

Poor Rix offers bad answers to good questions. E-mail him at rixquinn@charter.net

## Grapevine Want Ads

**VOLUNTEERS WANTED** for VVCC After School Program to tutor children ages 5-14 at one of our 11 sites in the Visitation Valley area. Interested persons contact Dee Smith, VVCC After School coordinator: (415) 585-2059. **A LITTLE GOES A LONG WAY.** The John McLaren Child Development Center seeks in-kind donations for our newly-created lending library: children's books and magazines, small children's furniture, writing and/or art supplies; educational/cultural games or posters. Thank you in advance for your kindness and generosity! Please send all donations to: John McLaren Child Development Center, 2055 Sunnydale Ave., San Francisco, CA 94134. Call 469-4519 if you would like for us to pick-up any materials. **GRAPEVINE DISPLAY ADVERTISING** new limited-time rates. Full Page \$60. 1/2 Page \$33.75. 1/4 Page \$18.75. 1/8 Page \$10. 1/12 Page \$8. 1/16 Page \$6. Generous discount for three or more insertions. Call (415) 467-9300 for more details. **Want Ads:** 20 words for \$1. Extra line 50 cents. Ad and payment should be received by 15th of prior month at Visitation Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

## Visitation Valley Business Directory

Valley business and organization free listings in the 415 area code. Call the Grapevine at (415) 467-9300

**AUTOMOTIVE**  
BAYSHORE AUTO, 2260 Bayshore Blvd., 467-6130  
BAYSHORE SERVICE, 2596 Bayshore Blvd., 239-5239  
CHARLIE'S GARAGE, 2550 Bayshore Blvd., 239-7450  
T.W. AUTOMOTIVE (mechanic), 2500 Bayshore Blvd., 585-8281  
VALLEY AUTO & TRUCK SUPPLY (Bill Conte), 2520 Bayshore Blvd., 239-5980  
**BANK**  
BANK OF AMERICA, 6 Leland Ave., 622-4501  
**BAKERS**  
CUNEO BAKERY, 95 Leland Ave., 239-6090  
LITTLE QUIAPO BAKE SHOP, 169 Leland Ave., 239-2253  
**BARBERS**  
DeMASI'S BARBER SHOP, 35 Leland Ave.  
THE SHOP (JB), 178 Leland Ave., 239-6709  
**BEAUTICIANS**  
BODY, SOUL & SPIRIT, 222 Leland Ave., 333-7261  
MAY MAY BEAUTY SALON, 60 Leland Ave., 337-9381  
MIZ RENAS SALON, 19 Blanken Ave., 467-3399  
NAILS BY JENNY, 50 Leland Ave., 333-6800 WHO'S BAD?, 224 Leland Ave., 657-3156  
**BLIND CLEANING**  
SPEEDY ULTRASONIC BLIND CLEANING (commercial and residential), 1116 Girard St., 467-7505  
**BOARDING HOUSE**  
ABLE'S CASA, 850 Rutland St., 333-4664, fax 333-4693  
**BOOKKEEPERS**  
AMY ARAGON, PROFESSIONAL BOOKKEEPER, 467-8927  
VERNA WALLACE E.A., 2320 Bayshore Blvd., 239-5333  
**CARPETS**  
HANSAN INTERIORS, 41 Leland Ave., 333-6382  
**CASKETS**  
CASKETWORK INC., 93 Leland Ave., 585-3451  
**CHURCHES**  
CHURCH OF THE VISITACION, 655 Sunnydale Ave., 239-5950  
IGLESIA EL ESPIRITU SANTO, 38 Leland Ave.

**KOREAN FIRST PRESBYTERIAN CHURCH**, 333 Tunnel Ave., 468-1213  
**RIDGE VIEW UNITED METHODIST CHURCH**, 590 Leland Ave., 239-5457  
**ST. JAMES PRESBYTERIAN CHURCH**, 240 Leland Ave., 586-6381  
**VALLEY BAPTIST CHURCH**, 305 Raymond Ave., 467-6055  
**VISITACION CHINESE BAPTIST CHURCH**, 8 Desmond St., 333-4503  
**COFFEE**  
HAPPY DONUT, 2600 Bayshore Blvd., 469-5309  
PICCOLO PETE'S EUROPEAN COFFEE, 2155 Bayshore Blvd., 467-2442  
**DAY CARE**  
CAROUSEL DAY CARE, 261 Hahn St., 469-5353  
**DENTIST**  
VISITACION VALLEY DENTAL OFFICE (Albert Kuan, DDS), 37 Leland Ave., 239-5500  
**DEVELOPERS**  
VISITACION VALLEY COMMUNITY DEVELOPMENT CORPORATION, 333 Schwenn St., 587-7895  
**ELECTRICAL**  
TATE ELECTRIC (Joel Tate), 467-4657  
**FLORISTS**  
IL FIORE FLOWERS, 2166 San Bruno Ave., 468-0145  
**GARDEN ORNAMENTS**  
SILVESTRI GARDEN ORNAMENTS, 2635 Bayshore Blvd., 239-5990  
**GROCERS**  
E-Z STOP MARKET, 2203 Geneva Ave., 585-9240  
FIVE MILE MARKET, 3574 San Bruno Ave., 467-7300  
K.C. MARKET, 400 Wide St., 467-3024  
LITTLE VILLAGE MARKET, 1450 Sunnydale Ave., 586-1815  
M & M SHORTSTOP, 2145 Geneva Ave., 585-0878  
PICCOLO PETE, 2155 Bayshore Blvd., 468-6800  
SARI-SARI FOOD STORE, 58 Leland Ave., 239-0580

7-11, 2200 Bayshore Blvd., 468-8646  
SHUN LEE MARKET, 2400 Bayshore Blvd., 586-4851  
SMITTY'S MARKET, 2610 Bayshore Blvd., 239-5506  
SUPER FAIR MARKET, 201 Leland Ave., 239-6856  
TEDDY'S MARKET, 298 Teddy Ave.  
VALLEY SUPER MARKET, 65 Leland Ave., 239-7520  
**HERBS**  
SAN ON HERBS, 33-A Leland Ave., 333-7469  
**HYPNOTHERAPY**  
VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave., 468-5531  
**INSURANCE**  
EDIE FEPPS (A.H.E. INSURANCE), 467-0236, Fax 467-0276  
ROBERT LEHMAN, CLTC CMFC, 333-0850  
ALICE L. WONG, 160A Leland Ave., 337-8811  
**KITCHEN CABINETS**  
LEE CHANG INTERNATIONAL, INC., 25 Leland Ave., 333-2730, fax 333-1706  
**LAUNDRY/CLEANERS**  
BAY WASH, 44 Leland Ave.  
CITY WASH INTERNATIONAL, 83 Leland Ave., 333-9467  
COIN WASH & DRY LAUNDRY, 186 Leland Ave.  
FORTY-NINER CLEANERS, 51 Leland Ave., 239-6418  
LELAND AVENUE CLEANERS, 151 Leland Ave., 586-1412  
VALLEY LAUNDRY, 90 Leland Ave.  
VISITACION VALLEY LAUNDRY, 108 Leland Ave., 239-9030  
**LEARNING**  
3-N-1 LEARNING ACADEMY, 240 Leland Ave., 584-8555  
VISITACION VALLEY COMMUNITY BEACON CENTER, 450 Raymond Ave., 452-4907  
VISITACION VALLEY FAMILY SCHOOL, 325 Leland Ave., 585-9320  
**LIBRARY**  
VISITACION VALLEY BRANCH, 45 Leland Ave., 239-5270  
**LOGGING**  
THRIFT LODGE, 2011 Bayshore Blvd., 467-8811

**MANUFACTURER**  
NATIONWIDE PAPER, 345 Schwenn St., 586-9160  
**MEDICAL**  
AMERICAN RED CROSS, BAY AREA CHAPTER, 1704 Sunnydale Ave., 584-3620  
HAWKINS VILLAGE MEDICAL CLINIC (Dept. of Public Health), 333 Schwenn St., Appointments: 715-0310  
OR SAM HO, MD, 9 Siltman St., No. 4, 337-6135  
NORTH EAST MEDICAL SERVICES, LELAND AVENUE, 82 Leland Ave., 391-9586 (ask for Leland Avenue clinic)  
PORTOLA FOOT & ANKLE CLINIC (Dr. Dnyang Patel), 2858 San Bruno Ave., 457-7500  
**NOTARY**  
ROYAL PACIFIC MORTGAGE & REALTY, 46 Leland Ave., 333-4900  
**ORGANIZATIONS**  
ASIAN PACIFIC AMERICAN COMMUNITY CENTER, 2442 Bayshore Blvd., 587-2689  
GENEVA TERRACE PROPERTY OWNERS ASSOCIATION, 60 Burr Ave., 584-2700  
GIRLS AFTER SCHOOL ACADEMY, 2050 Sunnydale Ave., 333 Schwenn St., 584-4044  
JOHN KING SENIOR COMMUNITY, 500 Raymond Ave., 239-6223  
LELAND HOUSE, 141 Leland Ave., 405-2000  
ROCK (Real Options for City Kids), 590 Leland Ave., 333-4001  
VISITACION VALLEY SENIOR CENTER, 65 Raymond Ave., 467-4499  
**PHARMACY**  
VISITACION VALLEY PHARMACY, 100 Leland Ave., 239-5811  
**PHOTOGRAPHER**  
WALTER CORBIN PHOTOGRAPHY (freelance), 435 Sawyer St., 587-9471, fax 337-8620  
**PLUMBING**  
MARK VOELCKER PLUMBING, 99 Arleta Ave., 467-7401  
**POST OFFICE**  
VISITACION USPO, 68 Leland Ave., (800) 275-8777

**REAL ESTATE**  
Cathy Mine Saunders, (Zephyr Real Estate), 215 West Portal Ave., 731-5011 ex 163  
**RESTAURANTS**  
CLIFF'S BAR-B-Q & SEAFOOD, 2177 Bayshore Blvd., 330-0736, Fax 330-9813  
4 EVERYDAY PEOPLE, 107 Leland Ave., 308-5673  
G & L BAKERY & RESTAURANT, 198 Leland Ave., 239-6283  
SUN FAI RESTAURANT, 30 Leland Ave., 587-2763  
LUAN FAT BAKERY, 110 Leland Ave., 585-1167  
RUSSIA HOUSE, 2011 Bayshore Blvd., 467-0252  
SHIRE'S SOUL FOOD, 107 Leland Ave., 239-5141  
TWO JACK'S RESTAURANT, 167 Leland Ave., 337-0433  
Y & G RESTAURANT, 73 Leland Ave., 469-5686  
**SCULPTOR**  
CARTORIGINALS (Mikal Cantor), 2 Hahn St., 239-4138  
**SELF-DEVELOPMENT**  
DYNAMIC DEVELOPMENTS (Marjorie Ann Williams, CEO Career and Self-Enhancements Specialist), 467-7608  
**SERVICE PROVIDERS**  
THE VILLAGE, 333 Schwenn St., 239-5045  
VISITACION VALLEY BILINGUAL EDUCATION SUPPORT SERVICES & TRAINING (WEESS?), 120 Leland Ave., 586-7347  
VISITACION VALLEY COMMUNITY CENTER (VVCC), 50 Raymond Ave., 467-6400  
VVCC FAMILY & COMMUNITY SERVICES CENTER, 161 Leland Ave., 586-6998, Fax 586-8027  
VISITACION VALLEY JOBS, EDUCATION AND TRAINING (V.V.J.E.T.), 333 Schwenn St., 239-2866  
**SIGNS**  
SMITH'S SIGNS, 153 Leland Ave., 333-2700  
**TAVERN**  
THE CLUB HOUSE, 25 Blanken Ave.  
**TELEPHONE**  
O & A WIRELESS, 78 Leland Ave., 452-4139  
**VARIETY**  
GOLDEN 99 CENTS ZONE, 5-7 Leland Ave., 333-3923  
**VIDEO**  
No. 1 VIDEO RENTAL, 144 Leland Ave., 586-1038



## A Graduation Day For VVMS Students

More than 1000 family members and friends attended a commencement ceremony on June 8 at Burton High School on Mansell Street for the 161 graduating students from Visitacion Valley Middle School (VVMS).

In receiving their diplomas, the VVMS Class of 2004 set new records in attendance, good citizenship, community service and scholarship.

"Another great year of improvement has taken place at Visitacion Valley Middle School," said VVMS Principal James Dierke, as several former administrators of the school were on hand to present awards.

VVMS graduates wished each other well with 34 students going to Lowell High School, 23 to Lincoln High School, and 19 to Washington High School among the various new schools they will be attending.

Mr. Tagaloa led the class in reciting the Preamble of the U.S. Constitution.

### Successful Track Season

Under the leadership of Barry O'Driscoll, the VVMS track team, had 110 members this year, sending 46 to the *All-City Finals* for middle schools. When the games

## Visitacion Valley Middle School Students Create Lasting Artwork



Sixth-graders at Visitacion Valley Middle School have created these five murals located at the school's front entrance as a semester project.

Five spectacular mosaic murals created by sixth-graders at Visitacion Valley Middle School (VVMS) were unveiled May 21 in an afternoon ceremony at the school entrance.

The murals were a semester

project of Ms. Abraham's and Mr. Whaley's sixth-grade classes tied in with their curriculum at VVMS between February and June this year. Producing the murals empowered the young artists to take a leadership role in making their

neighborhood and school a more beautiful place with a landmark on the outside of VVMS that will be seen by the surrounding community for years to come.

Created with ceramic tile, painted glass, colored grout and

paint, the murals are a service learning project of *Kidserve*, and the *Every Child Can Learn Foundation*. Their creation was supervised by muralist Josef Norris and funded by the Potrero Nuevo Fund.

## Marketers of Two Dietary Supplements Come Under FTC Fire

The Federal Trade Commission has charged marketers of two dietary supplements with falsely claiming that their products can prevent and cure cancer

and other diseases.

According to the FTC's complaint, Boston-area marketers, their principals, and Pennsylvania-based marketers have sold *Supreme Greens with MSM* and *Coral Calcium Daily* to consumers through two widely-aired infomercials.

The FTC alleges that the *Supreme Greens* infomercial promoted the supplement as a means to treat, cure, and prevent cancer and other diseases, and to cause significant weight loss, as well as being a safe for consumption by all, including pregnant women and persons on medication.

The FTC further alleges that the *Coral Calcium Daily* infomercial touted the supplement as a means to treat and

cure cancer and other diseases and as a superior form of calcium based on its purported bioavailability.

The FTC's complaint further alleges that three companies failed to disclose that the infomercial promoting *Supreme Greens* is a paid commercial advertisement and not an independent television program, and that these defendants charged consumers' credit cards for automatic product shipments without authorization.

The FTC is seeking a temporary restraining order against the marketers of *Supreme Greens*, and is seeking permanent injunctive relief, including redress to consumers who purchased the products, against the marketers of both products.

### 2004 VVMS Graduates

Quincy Adams, Guadalupe Alcantar, Abner Aldana, Antanisha Alves, Michaela Anisco, Enka Arellano, Porsha Arrington, Evan Au, Breana Ball, Annalyse Bannister, Michael Basco, Edwin Boger, Tritana Bonnet, Gungar Bugayong, Stephanie Burden, Alfred Camillo, Rebecca Castillo, Edward Chan, Gordon Chan, Ky Chau, Peter Chau, Janice Chen, Ping Ping Chen, Irene Cheung, Steven Cheung, William Chew, Edward Cho, Vincent Chow, Connie Chu, Melvin Chu, Regina Cole, Carl Craig, Charla Creer, Alfonso Cruz, Alexander Dalton, Isaac Dana, Stephanie Daynt, Anna Dea, Alan Deltoro-Herrera, Tommy Do, Mui Cun Duong, Vinh Duong, Diane Duque, Tasi Falauga, Danny Fang, Edgar Flores, Connie Foong,

Brenda Garcia, Whitney Garcia, Myesha Gonzales, Miguel Gonzalez, Ashley Green, James Harvey, Christina Hernandez, Lily Guan, Johnny Guan, Charles Guley, Fortuna Hagos, Julian Hanley, Mano Hernandez, Jenny Hoang, Anthony Hu, Allen Huang, Ling Huang, Tienkiet Huynh, Hensha Johnson, Henry Johnson, Sylvia Johnson, Ceabe Justin, Johnson Keo, Troy Konaris, Mark Lam, Ka Yi Lau, Denny Lee, Ada Li, Stephen Li, Tony Li, Stephanie Lin, Jayro Lunares, Jia Qin Lu, Sum Lu, Alfredo Lopez, Mano Lorenollo, Sophia Louie, Jimmy Lu, Meryllia Luavasa, Dora Mai, Ottila Malepezi, Julio Martinez, Michael McGee, Marty Melad, Felipe Mendieta, Emanuel Morales, Joseph Nava, Kevin Ng, Erlinda Nguyen, John Nguyen, Quang Nguyen, Rocky Nguyen, Jian Bin Ou, Shelena Patterson,

Abrian Pedroza, Tran Pham, Robert Pinkston, Christopher Pitteard, Deon Porter, Mervyn Prasad, Nhina Quion, Luis Ramirez, Shakir Rand, Alyssa Rivera, Richard Rodrin, Shani Rollins, Dyna Santo, Jose Santos, Fole Savea, Vivian Seto, Laura Shatara, Kraig Shrawder, Tiffany Shrawder, Audhanna Silfavaa, Roy So, Saphia Sroles, Danny Talo, Betty Tam, Duren Tan, Susan Tan, Luong Quang Tieu, Salina Tinoifili, Harry Tran, Henry Tran, Simon Troung, Raymond Twine, Miguel Valdivinos, Jacqueline Varela, Ronalisa Villanueva, Chau Vo, Eli Washington, Makala Watson, Preston Watson, Victoria Wong, Barry Xaykasy, Christina Yee, Kate Yee, David Yopez, Leslie Yeung, Danny Yp, Sheryl Yang, Vincent Yuen, Noemi Zamora, and Anita Zhu

# Family/Community Services Center

Visitacion Valley Community Center, Inc.



Classes at  
Visitacion Valley Community Center,  
50 Raymond (Ceramic Room)  
(Intake at 4:30 p.m.)

Parenting Education Class  
Every Monday, 5-7 p.m.

Men's Support Group  
Every Tuesday & Thursday, 6-8 p.m.

Women's Support Group  
Every Wednesday, 5-7 p.m.

For more information,  
please contact the following  
staff members at (415) 586-6998:  
Meriam T. Abalos, FCSC Coordinator  
Marianna Y. Chan, Marichelle Pecson  
Michelle Lau, MSW  
Lateka Hampton, Joanna Wong

Monday and Friday: 9 a.m. - 4:30 p.m.  
Tuesday, Wednesday, Thursday: 9 a.m. - 7 p.m.  
Saturday: 9 a.m. - 3:30 p.m.

Meet and Eat: Fun for the Whole Family  
Saturday, July 3 from 11 a.m.-1:30 p.m. at 161 Leland Ave.  
Games, free gifts and food!

Parent's Advisory Council Meeting  
Friday, July 9, 5:30-7 p.m. at 325 Leland Ave.

Right Questions Workshop, Friday, July 9,  
5:30-7 p.m. at 1523 LaSalle Ave.  
Parents will learn how to access free services.

Children's Programs and Family Fundraising Dinner  
Friday, July 16, 6-9:30 p.m. at 66 Raymond Ave. (VVCC gym)  
\$10.00 Adult 13 & up; \$5.00 3-12 yrs. old; Free 0-2

Parents Meeting at John King Child & Family Center,  
Friday, July 22, 4-5:30 p.m. at 500 Raymond Ave.

After-School Program Parent's Meeting  
Friday, July 30, 5:30-7 p.m. at VVCC, 50 Raymond Ave.  
Meet and Eat: Friday, July 30, 5:30-7 p.m. at 50 Raymond Ave.

Activities with Children and Parents' Interaction

Free Grocery Pantry Distribution from 12:30 to 2 p.m.,  
Saturdays, July 10, 24; Monday, July 19 at 161 Leland Ave.  
Pre-registration 10 a.m. to 4:30 p.m.: Tuesday and Thursday at 333 Schwerin St;  
Monday and Wednesday at 161 Leland Ave.

Coming Soon: Free Legal Clinic with Attorney Kevin Pimentel  
Every Thursday, 9:30 a.m.-12:30 p.m. at 50 Raymond Ave.  
Immigration Issues \* Family Law \* Elderly Abuse

161 Leland Avenue

(415) 586-6998 Fax 586-8027